My First Pair of Glasses!

Early Reader Version

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The doctor said I need glasses.
Glasses will help me see better.
I tried different glasses.
I liked the pink glasses.
They measured my face.
After one week, we got my glasses.
The glasses were just for me.
The glasses felt different.
But now I see clearly!
I take off my glasses to bathe or sleep.
I wear my glasses all day.
I love my new glasses!
Parent Tips – How to Help Your Child Adjust to Their New Glasses!

➔ At the Optical Shop:

◆ Choose glasses that are comfortable and make your child feel good.

◆ Consider factors such as:
  - Nose pads
  - Weight
  - Flexibility
  - Durability
  - Frames that account for hearing aids or facial features that may affect comfort

◆ Limit options to choose from instead of asking your child to look around when selecting.
More Parent Tips!

➔ Introducing Them to Their New Glasses:

1. **Model** wearing your own glasses.
2. Use many **positive words** to describe the glasses
   ○ “Your new glasses are so cool!”
   ○ “Your eyes are going to see so well!”
3. Let them **look** at the glasses and **hold** them before placing them on their face.
4. Point out other children wearing glasses.

➔ Wearing Their New Glasses:

1. Put their **favorite** TV show on the television and have them watch it in their new glasses.
2. **Gradually add** more activities for your child to do while wearing their glasses
3. Try to make it fun! Offer rewards and use motivating activities.
   ○ For example, “First glasses, then playground.”
4. Your child’s therapist can help them adjust to the glasses.
5. Once gradual wear is achieved and sensory needs are addressed, make it a **rule** that glasses are on from morning to night time if full-time wear is recommended by doctor.
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